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--9. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said at least one sugar is erythrulose.

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12. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said at least one sugar is glyceraldehyde.

13. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said at least one sugar is dihydroxyacetone.

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16. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said at least one sugar is lyxozylimine.

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18. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said at least one sugar is xylobiose.

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38. The method according to claim 30, wherein said at least one sugar is erythrulose.

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41. The method according to claim 30, wherein said at least one sugar is glyceraldehyde.